



# NEWSLETTER

## CABBAGE TREE ISLAND PS

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Newsletter  
Term 4 Week 9  
Monday 4 December 2023

Jingella,  
It's great to be back at Cabbo Public School. It's always good to come home. As we move towards the end of year students can become disengaged in normal class routine. All classroom teachers are providing engaging activities and maintaining high expectations. Please remind your child to be focused and follow school rules as normal. We have planned a different type of curriculum which will include, cooking, craft activities, water fight and school excursion fun day.

Wishing all of you a Merry Deadly Christmas and Happy New Year.

**Boogelbeh**

**Glen Rhodes**  
**Rel Principal**



### One Vision Production and Christmas Concert

On Thursday 14 December One Vision Productions will launch 'Coming Home' on the big screen. This will commence at 5:30pm at the undercover area Uniting. The cost is \$10 per family or \$5 per adult with all proceeds going towards a new bus for Cabbage Tree Island Public School. All money is to be paid at the school office prior to this event. There will be raffles, lucky door prizes and a combo deal of 2 popcorn & 2 snowcones for \$11. Don't forget to bring along your camp chair. PLEASE NOTE THIS IS AN ALCOHOL FREE EVENT.

#### Reminder

Last day of school - Friday 15 Dec  
School returns - Thursday 1 Feb





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### End of school excursion Tuesday 12 December

On Tuesday 12 December all students will attend an end of year excursion to Ballina where they will attend Pop Denision Park followed by sausage sizzle. The school bus will then take students to Ballina Pool & Waterslide for a fun afternoon with supervised staff. Parents and carers are welcome to attend at their own expense. Please return permission notes by Friday 8 Dec.

### Year 6 Farewell

Congratulations Year 6 on completing primary school in 2023. All of the staff at Cabbage Tree Island Public School are so proud of you and your achievements. Thank you to the families who came to Cherry Street Bowling Club for the year 6 formal last week. Our year 6 students received a Lenovo laptop as a farewell gift. Laptops can be collected from Ballina High School on their first day in 2024 to support them in year seven. We wish you all the best in high school.



### Attendance

Did you know students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance? Last week students from Transition to Year Six who achieved 85% or higher for attendance in Term 4 went on an excursion to Ten Pin Bowling in Ballina and had hot chips for lunch. Throughout the term Miss M and Mrs Barker worked on building our attendance incentives to promote coming to school everyday including giving out attendance tokens and water fights. Deadly attendance will be a continued focus in 2024. #Attendancematters.

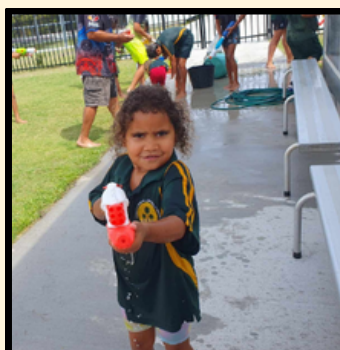
### Burger Friday 8 December

All students will create and eat their own burger this Friday 8 December. Please pack a lunch for your child if they do not wish to eat a burger.





# Whats been happening







# Deadly Lunchboxes

BY KATE - BULLINAH DIETITIAN

## Fruit

Blackberries are currently on special at the supermarket and help to fight away viruses

## Dairy

Try packing some wholegrain crackers topped with cottage cheese (full of protein) and sliced tomato

## Fluids

Make sure your child is drinking enough water. Younger kids should aim for about 1.2L daily. If they won't drink water, try a sugar-free cordial for school

## Vegetables

Try pre-cooking corn cobs then adding a drizzle of olive oil for an extra hit of vegetables. Corn is a good source of fibre which is good for little tummies

## Cold Pasta Salad

This is an easy but delicious recipe. Simply mix all ingredients together (serves 4).

- 2 cups wholemeal pasta (cooked)
- 1 cup of cherry tomatoes (cut in half)
- 1 cup of baby spinach leaves
- 2 tablespoons each of olive oil
- 2 tablespoons of a chunky pesto dip (e.g. basil).

You can make this ahead and store for up to 3 days.

For more information or to have a yarn with a dietitian/nutritionist, make an appointment with your doctor at Bullinah AHS and ask for a referral.